## September

Pick a **better** snack™ with your family - \$ave money and eat smart!

## **Cooking with Tomatoes**

Sweet summer tomatoes are one of the tastiest foods we grow in Iowa. They're great in a salad, chopped up in cottage cheese or tossed in pasta. Even when the fresh summer tomatoes aren't available, you can add delicious tomato flavor to your favorite foods.

Relax together this month! Play your way. One hour a day.

Canned tomatoes add sweet flavor and nutrients. Tomatoes are a good source of vitamin C, vitamin A and antioxidants. Look for varieties that are lower in sodium. Here are some easy ideas for using canned tomatoes:

- Pour a can of crushed tomatoes into your next soup or stew. The tomatoes will give the stew sweetness and a rich texture.
- Add drained diced tomatoes and other veggies along with some grated low-fat cheese to chilled pasta to make a pasta salad.
- Drain diced tomatoes and use them to top a frozen cheese pizza.

## **Saving Money on Tomatoes**

when they are in season. Local tomatoes are available at farmers markets across lowa between July and September. During the rest of the year, consider buying canned tomatoes. They have great flavor and a low price yearround. There are lots of choices – diced, crushed, pureed, and sauces. Watch for sales on canned tomatoes with garlic, Italian herbs, and onions. They are great to have on hand when you are in a hurry.



